



Easy cheese & onion slice

 Vegetarian

READY IN



75 min.

SERVINGS



8

CALORIES



566 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 600 g baking potatoes peeled chopped
- ☐ 300 g cheddar cheese grated cubed
- ☐ 1 pinch ground pepper
- ☐ 1 large bunch spring onion finely sliced
- ☐ 1 eggs beaten
- ☐ 500 g puff pastry
- ☐ 1 jar onion red english (we used Provender Company)

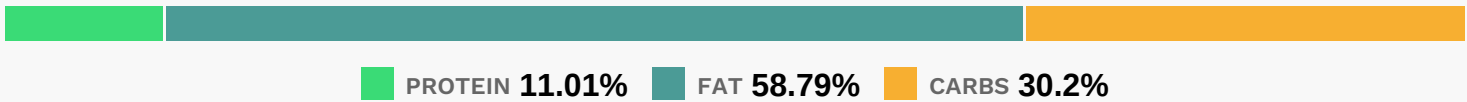
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ knife

Directions

- ☐ Heat oven to 220C/200C fan/gas
- ☐ Boil potatoes for 15 mins until tender, then drain well and smash a little. Cool slightly.
- ☐ Mix the cheese, cayenne and onions with the smashed potatoes and stir to make a mouldable filling.
- ☐ Roll out the pastry to a rectangle about 25 x 35cm. Carefully lift onto a baking sheet and brush all over with beaten egg.
- ☐ Press the cheese mix along one of the long sides of the pastry, leaving 2cm pastry free on one side for sealing, and half of the pastry empty on the other side for folding over later. Fold the pastry over the filling and press the edges together, before trimming with a knife and sealing well by pressing the edges with a fork.
- ☐ Brush with egg and bake for 30 mins. Cool, then slice and serve with caramelised red onions.
Can be made 1 day ahead

Nutrition Facts



Properties

Glycemic Index:32.34, Glycemic Load:26.22, Inflammation Score:-5, Nutrition Score:14.232608670774%

Flavonoids

Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 565.54kcal (28.28%), Fat: 37.15g (57.16%), Saturated Fat: 13.42g (83.87%), Carbohydrates: 42.93g (14.31%), Net Carbohydrates: 40.94g (14.89%), Sugar: 1.15g (1.28%), Cholesterol: 57.96mg (19.32%), Sodium: 412.92mg (17.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.66g (31.31%), Selenium: 27.75µg (39.64%), Calcium: 286.41mg (28.64%), Phosphorus: 262.57mg (26.26%), Vitamin B2: 0.39mg (23.22%), Vitamin B1: 0.33mg

(21.67%), Manganese: 0.43mg (21.66%), Folate: 71.67µg (17.92%), Vitamin K: 18.55µg (17.67%), Vitamin B3: 3.42mg (17.11%), Vitamin B6: 0.31mg (15.47%), Iron: 2.45mg (13.59%), Zinc: 2.01mg (13.39%), Potassium: 396.05mg (11.32%), Magnesium: 38.67mg (9.67%), Vitamin A: 441.94IU (8.84%), Copper: 0.17mg (8.37%), Fiber: 2g (7.98%), Vitamin B12: 0.45µg (7.44%), Vitamin C: 4.86mg (5.89%), Vitamin E: 0.7mg (4.7%), Vitamin B5: 0.47mg (4.67%), Vitamin D: 0.34µg (2.23%)